

# September

Community health education. Close to home.

## Wellness Center at Springbrook

Pre-registration is required for all classes and programs, and payment is due at the time of registration. For more information or to register, call 865-980-7100.

### American Red Cross Children's Evening Swim Lesson

Tuesdays and Thursdays, Sept. 14 – Oct. 10

#### Preschool 1-3 – 7-7:30 p.m.

Orients children to the aquatic environment and helps them gain basic aquatic skills. Designed for ages 2-6.

#### Level 1+ – 7:30-8 p.m.

Participants will feel comfortable and learn basic skills unsupported by instructor.

Cost: \$50/members; \$75/non-members

## OUR COMMUNITY



### Medic Blood Drive

Friday, Sept. 8, noon - 6 p.m.

Blount Memorial Hospital auditorium

## Family Birthing

For more information about classes and programs or to register, visit [blountmemorial.org/birthingcenter](http://blountmemorial.org/birthingcenter) or call 865-981-3983. All classes are in the Family Birthing Center classroom unless otherwise noted.

### Caring for Your Newborn

This class is designed to help expectant or new parents become more comfortable with newborn characteristics and care. Topics include sleeping, bathing, weight gain, cord care, illness, circumcision, teething and more. Format includes hands-on demonstrations and practice, and question-and-answer sessions.

Thursday, Sept. 7, 6:30-8:30 p.m.

Cost: \$20/couple

### Brothers- and Sisters-To-Be

Prepares children ages 3-8 for the birth experience and baby's homecoming.

Monday, Sept. 11, 4-5:30 p.m.

Cost: \$25/child; \$40/two siblings

### Orientation Tour

Highly recommended for couples not enrolled in the Prepared Childbirth Series and those who haven't toured the birthing center. The tour also includes a brief discussion of selected policies and procedures.

Monday, Sept. 25, 5:30-6:30 p.m.

### Special Delivery: What to Expect During Labor

A concise childbirth course designed to prepare the expectant mother and her labor companion for labor and delivery. Topics will include: recognizing when labor starts, stages of labor and coping techniques, natural methods of pain control/relaxation, medications, epidural anesthesia, vaginal and cesarean birth. Also includes a birthing center tour.

Saturday, Sept. 30, 8:30 a.m. - 12:30 p.m.

Cost: \$45/\$25 non-refundable deposit

### Siblings at Birth

Helps prepare a child for attendance at the birth of a sibling. Class includes tour, discussions of the birth process and more. Class information is available upon request by calling 865-977-5555.

Cost: \$30/for two or three individualized sessions

## Bariatric Basics

### Considering Bariatric Surgery?

Presenter: Dr. James Ray, bariatric and general surgeon

Thursday, Sept. 14, 6 p.m.

East Tennessee Medical Group community room, first floor

Blount Memorial Hospital offers the expert information, programs and support people need to safely and effectively achieve their weight loss or management goals. Learn more about the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program at a free, no-obligation seminar. For more information or to register, call 865-984-3864.

## Support Groups

### The Compassionate Friends Foothills Chapter

A grief support group for parents of children who have died. Members meet the fourth Monday of each month. Monday, Sept. 25, 6:30-8 p.m.

Blount Memorial Hospital auditorium

### Community Health Initiative Food Allergy Support Group

A support group to help educate individuals and families affected by food allergies and anaphylaxis. The group meets the fourth Tuesday bi-monthly. For more information, call 865-977-5727.

Tuesday, Sept. 26, 6:30-7:30 p.m.

Blount Memorial Hospital auditorium

### Better Breathers Support Group

This support group is for anyone with breathing disorders. The group meets on the fourth Thursday of each month. For more information, call 865-977-4739.

Thursday, Sept. 28, 11 a.m. - noon

Blount Memorial Medical Fitness Center classroom, 2-east

## Senior Services

### Caregiver Consultations

Caregivers can discuss their situations and explore possible strategies and resources at a free one-on-one consultation with a Senior Services representative. For more information, call 865-977-5744.

### Caregiver Coffee and Conversation

Presenter: Edward Harper, Senior Services coordinator and licensed clinical social worker

This is a free opportunity for caregivers of other adults to gather at an informal setting to discuss the experiences of caregiving and the availability of resources. The Caregiver Coffee and Conversation is a collaboration between Blount Memorial Senior Services and Vienna Coffee Company. For more information, call 865-977-5744.

Tuesdays, Sept. 5 and 19, 10-11 a.m.

Vienna Coffee House, 212 College St., Maryville

### Mid-Week Music - Blount Memorial's Open Stage for Musicians

This event is an opportunity for musicians who would like to perform and join others in a community of music and fellowship. Each act will have a two-song limit playing acoustic instruments only. This event is a partnership between Blount Memorial Senior Services and Everett Senior Center. For more information, call 865-977-5744 or 865-983-9422.

Wednesdays, Sept. 13 and 27, 10-11:30 a.m.; performer sign-up begins at 9:30 a.m.

Everett Senior Center, 702 Burchfield St., Maryville

### LifeLong Learning Lecture Series - For the Love of Guitars

Thursday, Sept. 28, 1:30-3 p.m.

Presenter: Donnie Barbra, master guitar restorationist

Donnie Barbra has spent a lifetime in love with guitars. His relationship with guitars has fostered lasting relationships with renowned musicians, entertainers and collectors. He will share his passion for guitars in stories, history and exhibition of some guitars from his collection. This event is sponsored by Blount Memorial Senior Services, Maryville College and Vienna Coffee Company. For more information, call 865-977-5744.

Vienna Coffee House, 212 College St., Maryville

## OUR COMMUNITY



Tee off in the 28th Annual Blount Memorial Foundation Golf Tournament, and support programs that improve the health and well-being of our entire community. For more information or to register, call 865-977-5727.

Monday, Sept. 25, morning and afternoon flights

Cost: \$125/person

Egwani Farms Golf Course, Rockford



## Cancer Care

### Head and Neck Resource Support Group

This support group is dedicated to raising awareness and meeting the needs of head and neck cancer patients. Members meet the first Thursday of each month and patients and their families are welcome to attend. For more information, call 865-977-4729.

Thursday, Sept. 7, 2-3:30 p.m.

Blount Memorial Cancer Center conference room 2, second floor

### Breast Cancer Support Group

This support group is open to all breast cancer survivors, regardless of where they received treatment. The support group meets the third Monday of each month. Light refreshments are served. For more information, call 865-977-5534.

Monday, Sept. 18, noon - 1:30 p.m.

Blount Memorial Cancer Center conference room 2, second floor

### Blount County Prostate Cancer Support Group

This group is open to all prostate cancer patients, survivors and their spouse/care partner, regardless of where they received or will receive treatment. The group meets the third Monday of each month. For more information about the group, call 865-977-5534, Pat Smith at 937-369-7641 or Gene Thompson at 865-984-4903.

Monday, Sept. 18, 6:30 p.m.

Blount Memorial Cancer Center conference room 1 and 2, second floor

### LifeStories

Preserve your memories by scrapbooking in this monthly art program. This support group is for cancer patients, survivors and their families. All supplies are furnished. Participants should bring the photos they wish to use. For more information or to register, call 865-977-5534.

Monday, Sept. 25, 9 a.m. - 1 p.m.

Blount Memorial Cancer Center conference room 1, second floor

